

Leading with Innovation

NIC Virtual Conference
November 9, 2016



Health Coaching in Corrections



**Moderated by:
Maureen Buell**

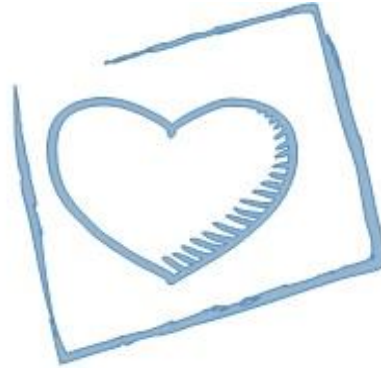
National Institute of
Corrections

Health Coaching in Corrections



Leonard Romo, Jr

- Certified Integrative Nutrition Health Coach
- Corrections Training Specialist



Health Coaching in Corrections: A Wellness approach to staff performance and longevity



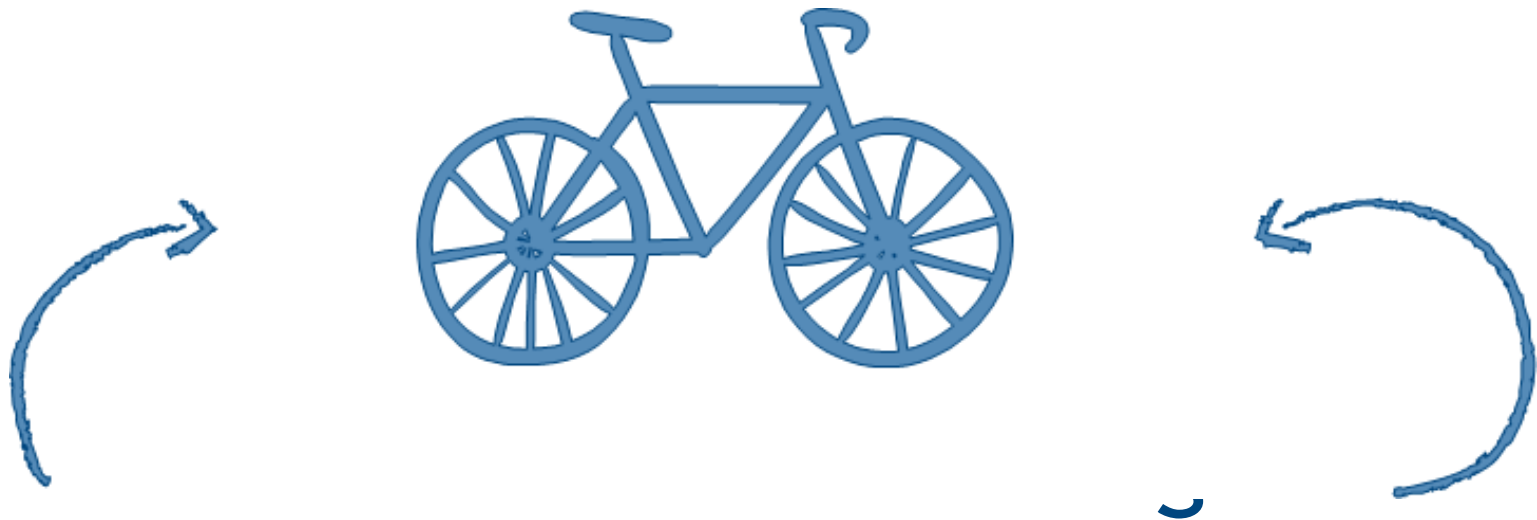


What is Health Coaching?

A look at the guidance and support
needed to live healthy

“A Health Coach is a wellness authority and supportive mentor who motivates individuals to cultivate positive health choices.”

Institute for Integrative Nutrition



Facilitating Wellness. Changing Lives.

Health Coaching

Wellness through:

- Guidance
- Support
- Accountability



Founded on:

- Trust
- Collaboration
- Compassion

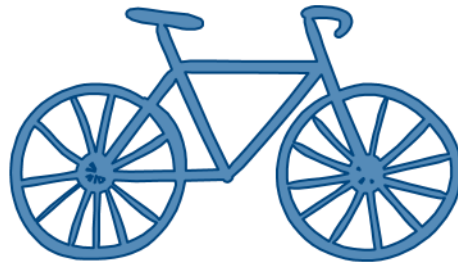


Health Coaching At-A-Glance

- Nutrition



- Physical Activity



- Lifestyle



2

Why Health Coaching?

A word cloud centered around the theme of mental health and emotional states. The words are arranged in a roughly circular shape, with some words appearing more frequently or in larger fonts than others. The colors of the words range from light blue to dark blue. The words include: DISORDER, TENSION, AWARENESS, NERVOUS, DEPRESSION, STRESS, FEAR, DESPAIR, ANXIETY, AGITATION, INSOMNIA, SCARED, HEADACHE, LONLINESS, NEGATIVE, MOOD, FAILURE, OVERWHELMED, PANIC, FRUSTRATION, PTSD, WORRY, TEMPER, and WITHDRAWAL.

DISORDER
TENSION
AWARENESS
NERVOUS
DEPRESSION
STRESS
FEAR
DESPAIR
ANXIETY
AGITATION
INSOMNIA
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HEADACHE
LONLINESS
NEGATIVE
MOOD
FAILURE
OVERWHELMED
PANIC
FRUSTRATION
PTSD
WORRY
TEMPER
WITHDRAWAL

How do you feel when...

- You don't eat well?
- You don't exercise?
- You don't engage in activities you enjoy?
- You don't spend time with loved ones?
- Your stress levels are high?

How Do you feel when...

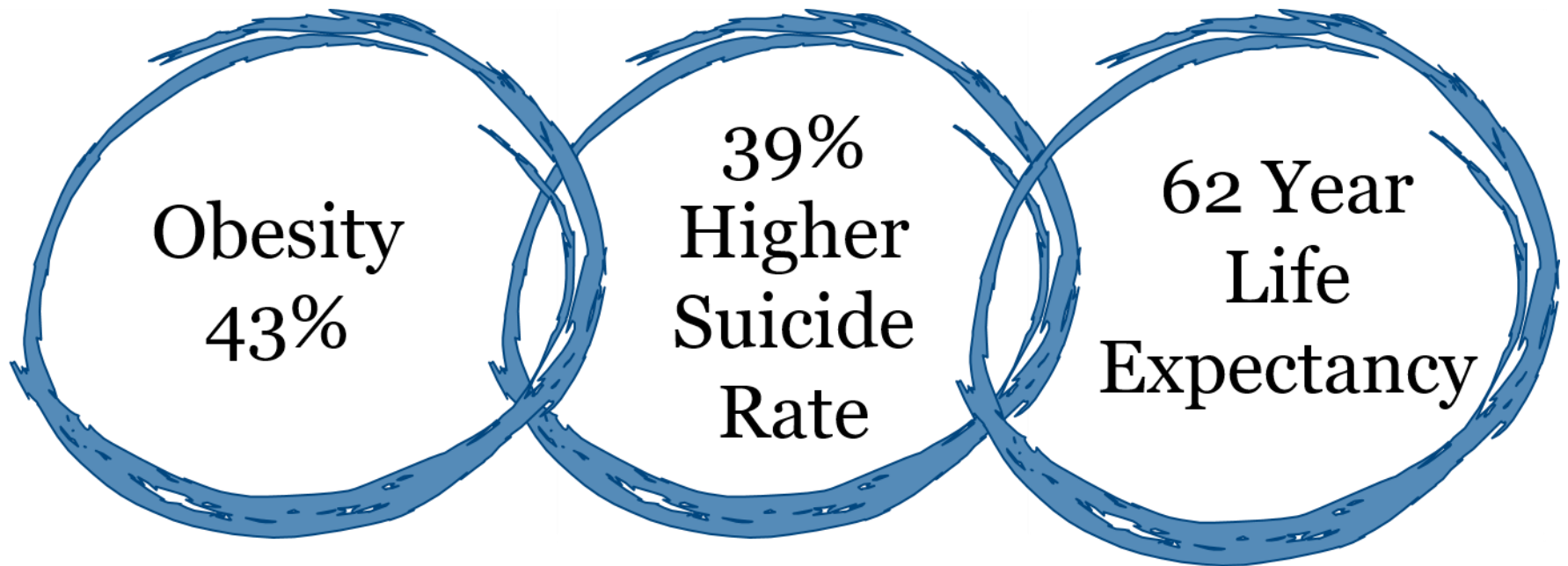
All of this happens chronically over long periods of time?

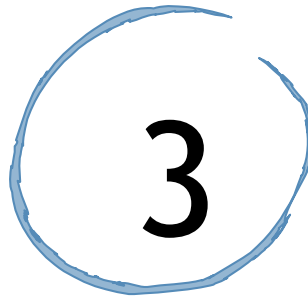


What's Really at Stake?



Alarming Statistics...





Health Coaching in Corrections

Making Staff Wellness a Top Priority

Possible Benefits



The Health Coaching Process



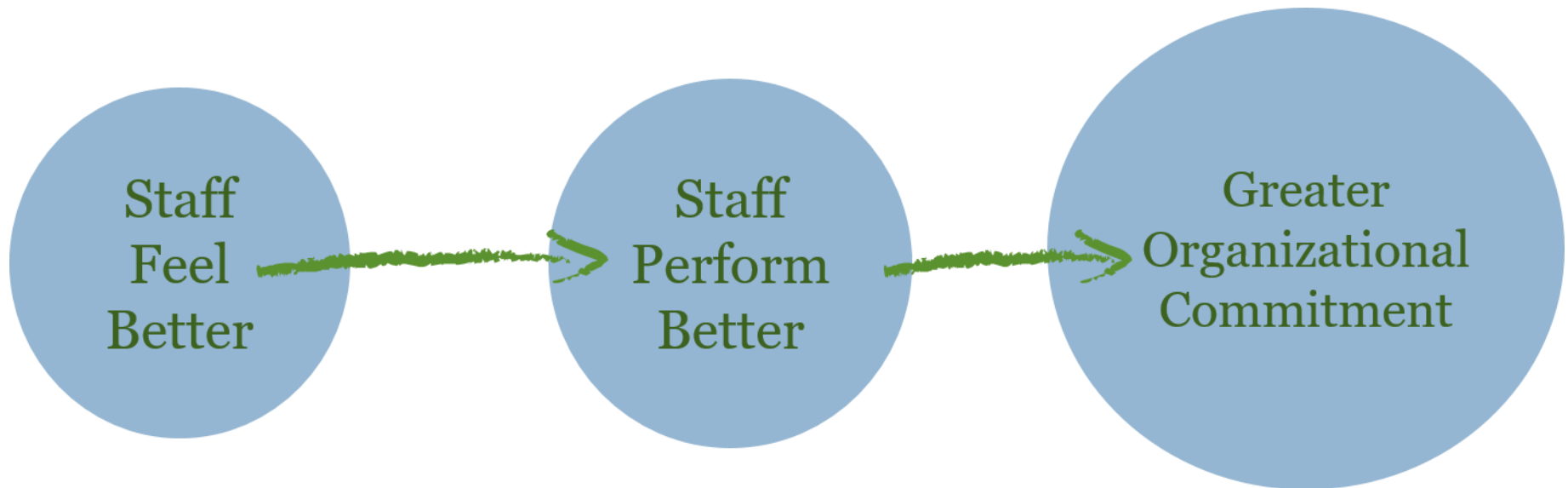
Lifestyle Factors



Nutrition Social Life
Hobbies Relationships
Sleep Education
Career Physical Activity
Home Environment

How balanced is
your life?

The Health Coaching Outcomes



Possible Roadblocks



How Many Need This Kind of Help?



427,790



Whoa! That's a big number...
How many will we commit to helping?

Any Questions?



Thanks!

Visit the Conference Site

